



RESOURCE EXHIBITORS

- AARP Washington
- ARC of King County
- Aging and Disability Services Administration
- Alzheimer's Association/Western and Central WA
- American Parkinson Disease Association
- American Stroke Association-A Division of American Heart Association
- Armstrong In-home Personal Care and Respite Services
- Choice Medical Supplies, Inc.
- Community Services for the Blind and Partially Sighted
- Crisis Clinic Caregiver Program
- Division of Developmental Disabilities, ADSA, DSHS
- Elderhealth Northwest
- GE Financial Long Term Care
- Good Samaritan Community Services (Older Adult Services)

CONFERENCE LOCATION:

Tukwila Community Center, Tukwila, Washington. The center is approximately one mile off I-5, exit #156, and five miles from SeaTac Airport. Detailed directions will be mailed with your confirmation. Special room rates and free shuttle service to the conference center are available at the SeaTac Area Courtyard by Marriott for overnight guests. The reduced rates will be offered until two weeks prior to the conference. For reservations, please call the Courtyard by Marriott at 1-800-321-2211. Tell the reservations desk you are attending the Caregiver Conference. Major resources and funding for this conference are provided by AARP Washington, Aging and Disability Services Administration, and the American Stroke Association-A Division of American Heart Association. We gratefully acknowledge the contributions and efforts of our many cosponsoring organizations and resource exhibitors, listed above.

Printing courtesy of AARP Washington



Aging & Disability Services Administration
P.O. Box 45600
Olympia, WA 98504-5600

- Who Should Attend:**
- ◆ Family caregivers caring for an adult or senior with chronic illness or disability
 - ◆ Adult children concerned about aging parents
 - ◆ Parents caring for adult children with disabilities
 - ◆ In-home caregivers; Chore, Respite, Personal Care or COPES workers, Individual Providers, Home Health or Home Care staff
 - ◆ Adult Family Home Providers
 - ◆ Assisted Living staff
 - ◆ Adult Day Care staff
 - ◆ Health or social service professionals
 - ◆ interested in caregiving issues

Challenges In Caregiving: Giving Care, Taking Care

CONFERENCE HOSTS



**Aging and Disability Services
Administration (ADSA), DSHS**

**American Stroke Association-
A Division of American Heart
Association**

CONTRIBUTORS

**Division of Developmental Disabilities,
ADSA, DSHS**

Korean Women's Association

Mental Health Division, DSHS

A Conference for Caregivers

June 7, 2004

**Tukwila Community Center
Tukwila, Washington**



Challenges in Caregiving: Giving Care, Taking Care

In this country, over eighty percent of all long-term care for older adults, or adults with disabilities, is provided in the community by family caregivers. Family and other caregivers need information and access to quality training to support them in their caregiving role.

This conference offers the community caregiver practical, up-to-date resources and skills to help them in their responsibilities. Dynamic speakers from a variety of backgrounds, including nursing, social work, pharmacy and law, will share their expertise and knowledge.

The Conference Plan

Twenty sessions, designed for family and paid home caregivers, are offered during the day. The curriculum is designed so that caregivers can choose the sessions they most need in their own situation.

A Resource and Information Exhibit will be open from 7:30AM–3:00PM. The Exhibit will include displays of products and helpful literature to enable the caregiver at home. Representatives from major health and social service organizations will be available to provide up-to-date information and problem-solving opportunities.

A reception for attendees, speakers and resource exhibitors is scheduled at 4:15PM. Join us for refreshments, door prizes and discussion.

Accommodations for People with Disabilities

The conference site is wheelchair accessible. Individuals who need reasonable accommodations (e.g., special seating, listening devices, etc.) should indicate the type of assistance needed on the registration form and mail by May 24, 2004. Conference staff will contact individuals and assist in making necessary arrangements.

Respite Care

If family caregivers need help locating respite care for the impaired individual in order to attend this conference, they should mark the appropriate box on the registration form and mail *no later than May 24*. Conference staff will contact family caregivers to assist them in arranging respite care services.

Registration Information

Register Early: *Space is limited!* Registrations are accepted on a *first come, first serve basis*. *Preregistration deadline is May 24, 2004*. Late registration will be accepted as space allows. There will be no registration the day of the conference. After May 24, 2004, an additional “late fee” of \$5.00 per person will be requested.

Registration Fee: Includes the day’s workshops, luncheon, refreshments, resource exhibits and reception. If the fee is a hardship, unpaid family caregivers may request a full or partial scholarship (available on a limited basis).

Confirmation: A written confirmation with directions will be mailed for registrations received by May 24, 2004. If you haven’t received your confirmation letter by June 1, please call 360-725-2544 or 800-422-3263. Please bring your confirmation letter along to simplify registration.

Group Registrations: Please register each individual attending the conference on a separate registration form. Registration forms may be photocopied as needed. Payment may be combined and attached to multiple registration forms stapled together. Be sure to indicate the agency name on the form and the check.

Cancellation: Fee is refundable if request is made by May 24, 2004. No refunds after this date.

Continuing Education Hours

Those attending can receive certificates documenting five hours of training. This conference counts toward required continuing education (CE) hours for adult family home and boarding home caregivers. Individual providers and home care workers may be able to receive credit but should check with their Area Agency on Aging to see if it has been approved for CE in their area.

You must preregister. No registration will be possible at the conference.

Challenges in Caregiving Registration Form

Monday, June 7, 2004 • Tukwila, Washington • Preregister by May 24, 2004

Please register only one person per registration form. Photocopy form for additional attendees.

Name _____ Phone _____

Agency _____

Address ☐ Work ☐ Home _____

City/State/Zip _____

What county do you live in? _____

★ Please check the appropriate boxes below. Registration Fee includes luncheon, all workshops and reception.

I am an individual caregiver:

\$25.00 Fee

- ☐ Family Caregiver (unpaid)
☐ Volunteer Caregiver
☐ Chore/Medicaid Individual Provider (not working for an agency)
- ☐ Adult Family Home Provider
☐ COPES Individual Provider

I work for an agency as:

\$50.00 Fee

- ☐ Home Health Aide
☐ Chore, COPES or Medicaid Personal Care Aide
☐ Assisted Living/Boarding Home staff
☐ Other social services or health professional
- ☐ Respite Worker
☐ Adult Day Care staff
☐ Geriatric Mental Health Specialist

Circle your workshop choice for each time period. If you aren't sure, please make your best guess!

Session A (10:45AM–Noon)	A1	A2	A3	A4	A5	A6
Session B (1:30–2:45PM)	B1	B2	B3	B4	B5	B6
Session C (3:00–4:15PM)	C1	C2	C3	C4	C5	C6

Accommodations for people with disabilities

- ☐ I will need **special accommodations** in order to attend this conference. Every effort will be made to provide reasonable accommodations for people with disabilities (e.g., special seating, listening devices, etc.) Send Registration by **May 24, 2004**, and you will be contacted by conference staff. ***Describe help needed:***

Respite care

- ☐ As an unpaid **family caregiver**, I will need help to provide care for my relative while I attend this conference. (Send Registration **no later than May 24, 2004**, and you will be offered information on resources that may assist you in making arrangements.) ***Describe help needed:***

Meal selection

- ☐ I prefer a vegetarian meal.

How did you FIRST hear about this conference?

- ☐ AARP *the Magazine* ☐ Mailed brochure ☐ DSHS/ADSA Web site ☐ Friend/family ☐ Support group
- ☐ Daily newspaper ☐ Senior newspaper ☐ AARP Web site ☐ Newsletter ☐ My workplace

Have you attended this conference before? ☐ Yes ☐ No

TOTAL ENCLOSED \$ _____ **Check #:** _____ **No refunds after May 24, 2004**

Please mail this registration to: _____ Please make checks payable to American Heart Association

American Heart Association
708 Broadway, Suite 330, Tacoma, WA 98402-3378
Attn: Charlene Gillmore

(No purchase orders.)
Phone: 360-725-2544
or 800-422-3263